

Diabetes Support Group

schedule of events

3 March 12 from 4-5 p.m. @ KVH Cafe Conference Room
Activity: Introduction, meet and greet, present support group structure, schedule, ask participants what they want to learn.

4 April 16 from 8:30-10 a.m. @ Irene Rinehart Park (1081 Umptanum) **Activity:** Take a walk along the river for a leisurely activity identifying various types of birds

5 May 19 from 2-4 p.m. @ Gard Vintners (311 N. Pearl St)
Activity: Learn how wine is made, the various health benefits and the impact wine has on diabetes. **SPEAKER** – John Hudelson, CWU Global Wine Trade

6 June 16 from 2-4 p.m. @ Location TBA
Activity: Learn how to cook with fresh summer produce at the cooking demonstration put on by a professional chef

7 July 18 from 10-11 a.m. @ Farmers Market (4th St)
Activity: Join us downtown for a stroll through the Ellensburg Farmers Market to shop for produce, discuss the health benefits of various produce & share fresh summer recipes.

8 August 13 from 6-8 p.m. @ Ellensburg Berries (420 Canyon River Terrace) **Activity:** Group will meet for u-pick blueberries. Other produce may be available, including apricots & peaches. Discussion will include benefits of blueberries and recipes.

9 September 10 from 4-5 p.m. @ KVH Cafe Conference Room
Activity: Guest speaker will discuss exercise and diabetes, including benefits and recommendations. **SPEAKER** – Vince Neatherly, PhD Exercise Physiology

10 October 8 from 3-4 p.m. @ Hunter Farms (5380 Wilson Creek Road) **Activity:** Group will meet for U-pick pumpkins and squash. Discussion will include health benefits, cooking uses and healthy recipes.

11 November 12 from 6-7 p.m. @ Safeway (400 N Ruby)
Activity: Grocery store tour with an RD to discuss healthy food choices and label reading. **SPEAKER** – Katy Williams, RD

12 December TBD @ Kittitas Valley Event Center
Activity: Holiday Farmer's Market - Participants will shop together, discuss winter produce and healthy recipes.



For more information contact Nicole at
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